



DISCOVER

GROTON PARKS AND RECREATION

WINTER/SPRING 2017

**Now featuring
Senior Center
programs for
ages 55+!**



**MYSTIC MUDDY
MAYHEM
5K MUD RUN**

**Mystic Irish
5K Road Race**

grotonrec.com



FROM THE DIRECTOR



Happy New Year! 2017 promises to be full of exciting opportunities for our Department and the Groton community. We are looking forward to another great year of promoting health and wellness and bringing you great programming for all ages and abilities.

This Winter we have a great selection of indoor sports for kids and adults to keep everyone active no matter the weather. You won't get cold if you keep moving! We also have two exciting new programs featuring building and robotics with LEGOs for all the young engineers out there.

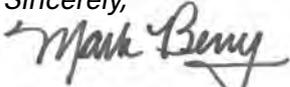
In the Spring we have 3 exciting races - including the all new Mystic Muddy Mayhem, a 5K trail run at Fields of Fire Adventure Park which is a joint effort with the Recreation and Senior Center Divisions. Get ready to get muddy! We also

have the 3rd annual Mystic Irish 5K Road Race and the annual favorite Tour de Noank 5K and Kids Fun Run.

As you browse through the pages of this issue of Discover you now see the many great programs at the Groton Senior Center. All Senior Center programs are now also available for online registration too!

Be active, be healthy!

Sincerely,



Director, Groton Parks and Recreation



Our Mission:

to provide quality leisure opportunities in a safe and healthy atmosphere and to enhance the quality of life of the community through the responsible management of fiscal and natural resources.

HELP WANTED!

Groton Parks and Recreation Commission

A volunteer member is currently needed to fill the position for a term of 5 years. The Commission meets the second Wednesday of each month at the Groton Senior Center to make rules and regulations for recreational facilities, parks, playgrounds, and beaches in the Town of Groton. Please contact the office of the Town Clerk to apply.

Part Time Positions

Groton Parks and Recreation is always looking for qualified life guards, aquatics instructors, and inclusion aids. Summer camp positions will also be posted beginning in February. For more information and to see available jobs please visit groton-ct.gov and click on "Jobs."

SPECIAL RECOGNITION



After 31 years with the Town of Groton, Senior Center Program Supervisor Carol Pratt is retiring. Thank you for your years of service and for always having a smile and a kind word, Carol! Enjoy retirement!



DISCOVER

GROTON PARKS AND RECREATION



6 - Off to the Races

Get in on the action with the Mystic Irish 5K, Mystic Muddy Mayhem, and Tour de Noank 5K Road Race & Kids Fun Run!



9 - How does your Garden Grow?

Improve your gardening fitness and reserve your plot for the Groton Community Garden this spring.



24 - Make a Splash

Get in the pool this year and learn and practice your important swimming skills!

ON THE COVER:

Gymnastics students learn the basics of proper warm-up, tumbling, and balance beam. See page 17 for more info.

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GROTON PARKS AND RECREATION

860-536-5680

parksrec@groton-ct.gov



grotonrec.com

BULLETIN BOARD

online registration
for Groton Senior
Center programs now
available!
GrotonRec.com/Seniors



Visit our online interactive trails map!
GrotonRec.com/Trails.asp

Call before you go!
860-441-6791
Weather info-line for
Recreation programs and
special events.

ATTENTION MUSICIANS!
Proposals are now being
accepted for the 2017 Summer
SoundWaves Concert Series at
Esquer Point Beach!
Visit GrotonRec.com/SoundWaves
for more information.

2017 Summer Camp
Info coming soon by
email!

Don't receive our emails?
Sign up at
GrotonRec.com/Discover

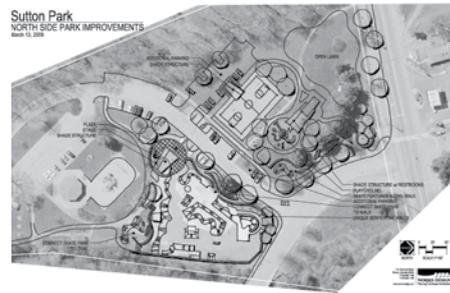
walk™ with a
DOC

New dates coming soon!
GrotonRec.com/Walk.asp

FEATURED PARK: SUTTON PARK

Sutton Park is a 17.8 acre, centrally located park featuring a skatepark, playground, 2 ball fields, 2 pavilions, horseshoe courts, basketball court, and open fields.

A 2009 Master Plan study concluded that there is potential to expand and improve Sutton Park making Sutton Park the “it ” place to be for Groton’s youth, young people and families. Increasing the availability and variety of parks and recreation opportunities at Sutton Park to the youth and the community would provide something for everyone and help to increase resident’s health, wellness, sense of community, and physical activity.



As a result of the study, the following goals, components and improvements were identified as potential considerations for the design process:

- improving the “image” of the park through aesthetics and signage
- expansion of the skatepark
- Programming space for concerts and special events
- improving bathroom facilities and location
- improvements to the pavilions, picnic tables and amenities used for facility rentals
- improvements and/or expansion of the ballfield facilities
- improvements to the support facilities for the ballfields
- increasing bike and pedestrian access through regional trail connections
- improving vehicular circulation and parking
- increasing visibility of the park from Route 1



JOIN THE COMMITTEE TO BRING AN ALL NEW NATURAL PLAYGROUND TO GROTON!



Groton has many fantastic playgrounds in parks throughout town, but our kids have very few options when it comes to playing in a more natural setting. Provided there is adequate interest in the community, Groton Parks and Recreation is interested in developing a nature-based play area that will incorporate materials from the local environment to create a stimulating setting for discovery, adventure and play, similar to the photos above.

The first step in creating such a playground is forming a committee of stakeholders to choose a location, settle materials and design for the play area, and lead a fundraising effort. We hope the committee will include experts on local nature, artists, parents and children, landscape designers, parks and recreation professionals and others. This is where we hope you can help! If you are interested in joining the committee to bring a natural playground to Groton, please contact Jerry Lokken at JLokken@groton-ct.gov or (860) 536-5682.

SPECIAL EVENTS

Mystic Irish 5K Road Race

Saturday, March 18
10 a.m.

Downtown Mystic
CERTIFIED 5K COURSE!

Wear your best green gear and join us for the 3rd annual Mystic Irish 5K certified race to celebrate St. Patrick's Day weekend in Mystic. Make it a weekend by running the race on Saturday and viewing the Irish Parade on Sunday. The course starts and ends in downtown Mystic and travels along scenic River Road on the banks of the Mystic River.

Race with Laces! Donate \$5 to our scholarship fund to help local families in need participate in programs and receive a pair of green Speed Laces. Those who run the race with the green laces are eligible for additional prizes!

\$3 from every runner is donated to the Mystic Irish Parade Foundation!

MYSTIC MUDDY MAYHEM 5K MUD RUN

Saturday, April 29
Fields of Fire Adventure Park
Heats from 9 a.m. - 4 p.m.

An all new 5K muddy trail run for ages 10+ along the trails of Fields of Fire Adventure Park. Choose a beginner or expert level trail with fun challenges and obstacles and of course lots of MUD! Register as a team (4 people) for a discount!

Heats begin every 20 min from 9 a.m. to 4 p.m.

GrotonRec.com/MudRun.asp

Tour de Noank 5K Road Race & Kids Fun Run

Saturday, June 10
10 a.m.

Esker Point Beach

Take in the scenic streets of Noank with this certified 5K road race and .8 mile Kids Fun Run!

Race With red Laces and you could win a live lobster from Abbott's!

CERTIFIED 5K COURSE!

**REGISTER
EARLY AND
SAVE!**

Race Registration Fees			
Mystic Irish 5K	Mystic Muddy Mayhem	Tour de Noank 5K	Tour De Noank Fun Run
Before February 18 \$20	Before March 29 \$35/\$100 (individual/team)	Before May 10 \$20	Before May 10 \$5
Before March 18 \$25	Before April 26 \$45/\$140 (individual/team)	Before June 7 \$25	Before June 7 \$5
Race Day—March 18 8:20-10 a.m. \$30	Race Day—April 29 8:30 a.m.-3:30 p.m. \$50/\$160 (individual/team)	Race Day—June 10 8:30-10 a.m. \$30	Race Day—June 10 8:30-9 a.m. \$10

SPONSORS NEEDED!

Groton Parks and Recreation is preparing another great year of special events for the Groton community, including our three races and the Summer SoundWaves Concert Series at Esker Point Beach. These community events provide a unique opportunity to promote your business to thousands of potential customers.

Our sponsors are visible to thousands of people in the area and beyond, bringing new opportunities for your business. Our events are annual favorites for families in Groton and surrounding towns and they are publicized through local media, online through our Facebook page with over 2,800 fans, our website, and printed right here in our Discover guide, which is distributed four times a year to over 19,000 community members.

Show your customers and potential customers that you care about positively impacting the quality of life in Groton. By sponsoring Groton Parks and Recreation you help us promote health and wellness, create a sense of community and protect and preserve Groton's natural resources. Show your support for Groton Parks and Recreation by becoming a sponsor today!

For more information about partnering with us, please visit GrotonRec.com/Sponsors.asp or contact Kate Bradley at KBradley@groton-ct.gov or (860) 536-5007.



Celebrate with birthday parties at William Seely School!

"Great place to have a party!"

- Lesa J., Groton

"I was very pleased with the facility."

- John L., Groton

"It was easy for me and the kids had a blast - it's a win-win!"

- Sarah M., Gales Ferry

Now booking
1 year
in advance!

GrotonRec.com/Birthday.asp

TRIPS & TRAVEL

Featured Extended Trips



Spotlight on South Dakota

The Black Hills & The Badlands
June 2-8, 2017 • 7 Days • 9 Meals

Highlights: Mount Rushmore, Crazy Horse Memorial, Black Hills Gold, Needles Highway, Custer State Park, Pine Ridge, Badlands National Park, Wall Drug, Deadwood, Spearfish



Hawaiian Adventure

Featuring Oahu, Kauai and Maui
October 5-14, 2017 • 10 Days • 13 Meals

Highlights: Waikiki Beach, Pearl Harbor, Oahu's North Shore, Waimea Canyon, Kauai Coffee Estate, Fern Grotto, Iao Valley, Lahaina, Polynesian Luau

Pricing and more info at GrotonRec.com/Trips

Featured Day Trips

New York City On Your Own

Saturday, January 7

We are taking a trip into the city! We provide the coach transportation and the rest is up to you. One stop is at The Neue Gallery to see the Gustav Klimt exhibit - additional \$20 for adult General Admission and \$15 per Senior Admission (65 and older). The bus also stops at Times Square. Bus departs from the Groton Senior Center at 7:30 a.m.

Activity #221411 Fee: \$56/ resident; \$66/non-resident

UConn Women's Basketball Game at Gampel Pavilion

Sunday, January 22

Let us take you to the action as the UConn Women's Basketball team takes on Tulane University. Our bus departs from the Groton Senior Center at 11:00 a.m. for a 1:00 p.m. game. We will return at approximately 4:30 p.m.

Activity #222903 Fee: \$60/resident, \$70/non-resident includes Game admission (chair back seats), transportation by Joshua's Limousine, & driver's gratuity.

RENT at the Providence Performing Arts Center

Saturday, April 8

Enjoy a performance of **RENT** off Broadway at the Providence Performing Arts Center. In 1996, an original rock musical by a little-known composer opened on Broadway and forever changed the landscape of American theatre. Two decades later, Jonathan Larson's RENT continues to speak loudly and defiantly to audiences across generations and all over the world. And now, this Pulitzer Prize and Tony Award-winning masterpiece returns to the stage in a vibrant 20th anniversary touring production. We have great Orchestra level seats!

We depart from the Groton Senior Center at 12:30 p.m. for a 2:00 p.m. show time. *Only 24 spots available!*

Activity #221413 Fee: \$75/resident, \$85/non-resident

Trips are open to the public!

For more information or to register

call the Groton Senior Center at

(860) 441-6785

BOATING

GROTON COMMUNITY BOATING CLUB

2017-18 MEMBERSHIP (April 1, 2017 - March 31, 2018)

Membership includes the use of Club boats (kayaks, shells, stand up paddle boards, and canoe) and the boathouse, located on Beebe Cove in Spicer Park in Noank.

Yearly Membership

		R/NR
921303-01	Family	\$175/\$195
921303-02	Adult (19-59)	\$100/\$120
921303-03	Senior (60+)	\$75/\$95
921303-04	Youth (12-18)	\$50/\$70

Boat Storage Space Rentals

Limited shell and kayak storage is available to both members and non-members.

		R/NR
179891-8A	Outdoor	\$150/\$170
179892-8A	Indoor	\$325/\$345



DEEP State Boating Class

Location: Groton Senior Center

Instructor: Staff DEEP

BASIC BOATING: Fulfills the education requirements for the Connecticut Certificate of Personal Watercraft Operation. This PWO Certificate allows boaters to operate a motor vessel, including personal watercraft (Jet Ski type boats), in the State of Connecticut. Students must attend all classes to qualify. Doesn't include DEEP cost of certificate.

Activity #	Date	Day	Time	Age	FEE
172880-4A	4/18-4/21	Tu-Th	5:30- 8:30P	10+	\$25
172880-4B	5/30-6/1	Tu-Th	5:30- 8:30P	10+	\$25

GARDENING

FREE! Better Moves for Better Gardening

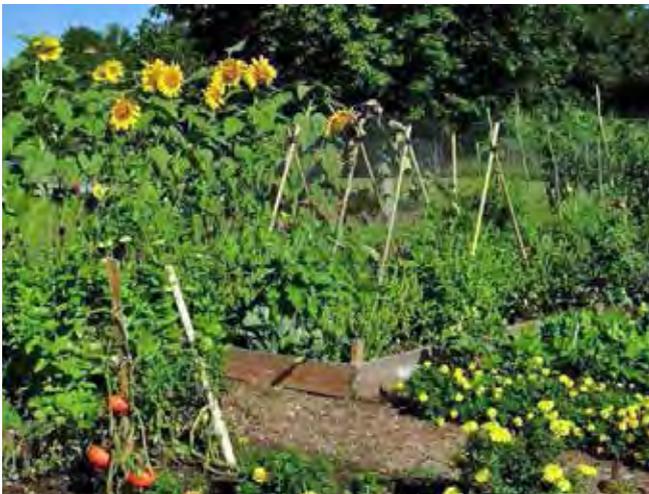
Location: Groton Senior Center

Instructor: Arthur Sculco

Thursday, January 12 1 – 2:30 p.m.

Tuesday, January 17 6 – 7:30 p.m.

Twist a weed and not your back! Improve your Gardening techniques for awkward and difficult work. Enjoy gardening with increased energy. Improve your lower back and overall posture when in your garden. See how better moves in the garden can translate to less sore muscles and back. Walk-ins are welcome or you can pre-register by calling the Groton Senior Center at 860-441-6785.



Groton Community Garden is a beautiful, safe, and peaceful place for residents to cultivate flowers and vegetables. Community Garden plots are available to Groton residents ages 18+. The garden is located at 2 Fort Hill Rd (behind the Groton Social Services building).

Current plot renters have until January 31st to renew their plots for 2017. You are assigned the same plot each year.

New plot renters are assigned plots beginning February 1st on a first come, first served basis. Applications are currently being accepted.

If plots are still available, gardeners may rent additional plots beginning March 1st. This is done on a first come, first served basis as requested with their registration. Every effort is made to assign two adjacent plots when possible.

For more information and to download the application please visit GrotonRec.com/Garden.asp

ARTS & ENRICHMENT

NEW! The Creative Child

Location: William Seely School

Instructor: Jamie Jackson

Explore the vast world of art! Children learn about techniques, materials, mediums and genres. Hands on projects hone the skills of the young artist, teaching them to think critically about their work. Come spend some time having fun and being creative!

Activity #	Date	Day	Time	Age	R/NR
133220-3A	2/3-3/24	F	4:30- 5:30P	7-11	\$50/\$70
133220-4A	4/21-6/9	F	4:30- 5:30P	7-11	\$50/\$70

NEW! Stress-Free Paint Night

Location: William Seely School

Instructor: Heather Yeitz

In the midst of chaos lies creativity! Enjoy a stress-free paint night with other adults and let your mind relax and your hand flow with watercolors.

Activity #	Date	Day	Time	Age	R/NR
133440-3A	1/31-3/21	Tu	6:30- 7:30P	18+	\$45/\$65
133440-4A	4/18-6/6	Tu	6:30- 7:30P	18+	\$45/\$65

Short Story Writing

Location: William Seely School

Instructor: Nicholas Checker

Learn the tactics & techniques for developing the right type of language & skills for writing fiction that can be marketed successfully. Also learn how to approach the publication market and query agents & managers as well. The end of the course culminates with a public presentation of the students' short works. The class is taught by local writer Nicholas Checker, author of the film WISP and two recent paperback novels, DRUIDS and SCRATCH. Younger participants must receive permission from the instructor.

Activity #	Date	Day	Time	Age	R/NR
135420-3A	1/30-3/27	M	6- 8P	13+	\$99/\$119
135420-3B	2/1-3/22	W	5- 7P	13+	\$99/\$119
135420-4A	4/17-6/12	M	6- 8P	13+	\$99/\$119
135420-4B	4/19-6/7	W	5- 7P	13+	\$99/\$119

Advanced Screenwriting

Location: William Seely School

Instructor: Nicholas Checker

Development of feature-length screenplays for marketing, and shorter scripts that can be shot and shown locally via Southeastern Connecticut TV. Class culminates with a public presentation. Local actors perform the scripts and audience members offer commentary afterward. This class is also taught by Nicholas Checker, writer & director for Wisp. Prerequisite: Screenwriting

Activity #	Date	Day	Time	Age	R/NR
135430-3A	2/1-3/22	W	7- 9P	13+	\$99/\$119
135430-4A	4/19-6/7	W	7- 9P	13+	\$99/\$119

NEW! Intro to STEM with LEGO®

Location: William Seely School

Instructor: Playwell TEKologies

Ratchet up your imagination with tens of thousands of LEGO®! Build engineered-designed projects such as motorcycles, castles, airplanes and monorails. Then use special pieces to create your own unique design! New and returning students can explore the endless creative possibilities of the LEGO® building system with the guidance of an experienced Play-Well instructor.

Activity #	Date	Day	Time	Age	R/NR
138280-3A	1/31-3/14	Tu	4- 5:30P	5-9	\$159/\$179

NEW! Robotics Using LEGO® EV3

Location: William Seely School

Instructor: Playwell TEKologies

Build and program robots using the new LEGO® Mindstorms EV3 system! Learn about mechanical and software design, loops, conditional statements, problem solving, and teamwork skills. Work in small groups, program and build your robot, and rise to the challenge. Control the robot to avoid obstacles, pick up and carry objects and play sounds. Projects are structured so students work in an open-ended, investigative environment while having fun.

Activity #	Date	Day	Time	Age	R/NR
138281-3A	1/31-3/14	Tu	4- 6P	10-13	\$199/\$219

Silvertones Chorus

Location: Groton Senior Center

Instructor: Staff

Sing contemporary songs and oldies from memory. A mixed chorus with a beautiful, harmonious sound, we visit area nursing homes, seniors centers, and senior housing areas and play name that tune and give out special prizes for birthdays.

Activity #	Date	Day	Time	Age	R/NR
247500-3A	1/4-3/1	W	10-11:30A	55+	\$8/\$18
247500-4A	3/8-4/26	W	10-11:30A	55+	\$8/\$18

Mind Aerobics

Location: Groton Senior Center

Instructor: Staff

Mind Aerobics is a thought-provoking, memory strengthening class. Students are given exercises to stimulate all areas of the brain, focusing on creative thinking, lifelong learning, logical and analytical problems, memory skills, and the 7 fields of knowledge (history, literature, visual arts, science, music, philosophy, and religion). Field trips to places of interest are also included.

Activity #	Date	Day	Time	Age	R/NR
246500-3A	1/5-3/2	Th	10-11A	55+	\$18/\$28
246500-4A	3/9-4/27	Th	10-11A	55+	\$18/\$28



Oil Painting

Location: Groton Senior Center
Instructor: Dr. Michael Sullo

Students will be walked through an oil painting from beginning to end. A brief lecture opens each class enhancing your knowledge of the Arts. Paintings and topics vary each session.

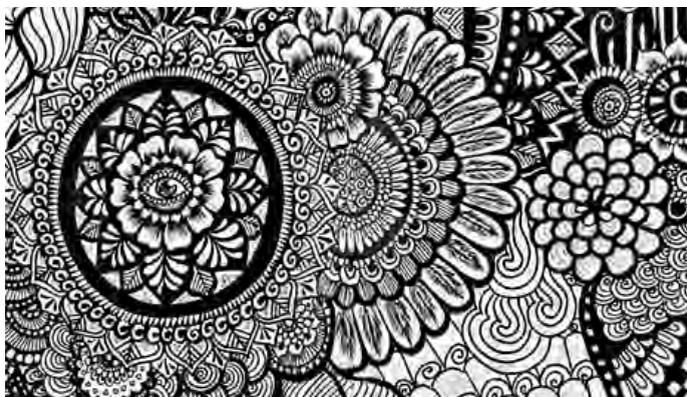
Activity #	Date	Day	Time	Age	R/NR
232500-3A	1/6, 1/20	F	9A- 4P	55+	\$75/\$85
232500-3B	2/3, 2/17	F	9A- 4P	55+	\$75/\$85
232500-4A	3/10, 3/24	F	9A- 4P	55+	\$75/\$85
232500-4B	4/7, 4/21	F	9A- 4P	55+	\$75/\$85

Zentangle

Location: Groton Senior Center
Instructor: TBD

The process of creating a Zentangle is a form of artistic meditation as one becomes completely engrossed in making each pattern, deliberately focusing on one stroke at a time. The creativity options and pattern combinations are boundless. And anyone can do it! Zentangles are miniature pieces of unplanned, abstract, black and white art created through a very specific method from an ensemble of simple, structured patterns called tangles.

Activity #	Date	Day	Time	Age	R/NR
239502-3A	1/5-1/26	Th	1- 3:30P	18+	\$50/\$60
239502-3B	2/2-2/23	Th	1- 3:30P	18+	\$50/\$60
239502-4A	3/9-3/30	Th	1- 3:30P	18+	\$50/\$60
239502-4B	4/6-4/27	Th	1- 3:30P	18+	\$50/\$60



Clayworks

Location: Groton Senior Center
Instructor: Nancy Bordeau

Paint and glaze your choice of ceramic green ware. Also learn different techniques to change and carve green ware to add new dimensions to your piece. Items are fired in kilns at the Center. Items to fit all abilities from beginner to advanced. Separate green ware fee is determined and payable at the time on the pieces are selected.

Activity #	Date	Day	Time	Age	R/NR
231500-3A	1/2-2/27	M	10A-12P	18+	\$28/\$38
231500-3C	1/5-3/2	Th	1- 3P	18+	\$28/\$38
231500-4A	3/6-4/24	M	10A-12P	18+	\$28/\$38
231500-4C	3/9-4/27	Th	1- 3P	18+	\$28/\$38

Watercolor

Location: Groton Senior Center
Instructor: Lizbeth McGee

The Watercolor class is taught with a 'have no fear' approach and is a winner with both beginner artists and those further along. Classes are small with much individual attention. Techniques such as wet into wet washes, glazing, textured effects, saturated darks and important design elements are always taught. Learn how to let a watercolor paint itself! Class supply list provided. **Fee is paid directly to instructor.**

Activity #	Date	Day	Time	Age	R/NR
232400-3A	1/3-2/28	Tu	1:30- 3:30P	18+	\$200
232400-3B	1/3-2/28	Tu	6- 8P	18+	\$200
232400-4A	3/7-4/25	Tu	1:30- 3:30P	18+	\$200
232400-4B	3/7-4/25	Tu	6- 8P	18+	\$200

GAMES

Instructional Bridge

Location: Groton Senior Center
Instructor: Larry Eppler

For beginner to intermediate players. Learn more about the game and play with others.

Activity #	Date	Day	Time	Age	R/NR
256500-3A	1/4-3/1	W	10-11:30A	55+	\$24/\$34
256500-3B	1/5-3/2	Th	10-11:30A	55+	\$24/\$34
256500-4A	3/8-4/26	W	10-11:30A	55+	\$24/\$34
256500-4B	3/9-4/27	Th	10-11:30A	55+	\$24/\$34

Sanctioned Bridge

Location: Groton Senior Center
Instructor: Larry Eppler

ACBL sanctions masterpoint games held at tournaments and in bridge clubs. These sanctions authorize the awarding of ACBL masterpoints. The quantity and color of the masterpoints awarded are determined by the type and size of the game. ACBL sanctions bridge games run on a regular basis by entities called clubs.

Activity #	Date	Day	Time	Age	FEE
256501-3A	1/6-2/24	F	12:45- 4P	55+	\$7/Day
256501-4A	3/10-4/28	F	12:45- 4P	55+	\$7/Day

EARLY CHILDHOOD

Time to Move

Location: William Seely School

Instructor: Faith Richardson

Spend time with your child to build strength and coordination through play with ramps, slides, climbers, balance beams, tumbling, music, and movement games.

Activity #	Date	Day	Time	Age	R/NR
132181-3A	2/2-3/23	Th	9:15-10A	9-18mos	\$45/\$65
132181-3B	2/2-3/23	Th	10:05-10:50A	1.5-3	\$45/\$65
132181-3C	2/2-3/23	Th	10:55-11:40A	1.5-3	\$45/\$65
132181-3D	2/3-3/24	F	9:15-10A	1.5-3	\$45/\$65
132181-3E	2/3-3/24	F	10:05-10:50A	1-5	\$45/\$65
132181-3F	2/3-3/24	F	10:55-11:40A	3-5.5	\$45/\$65
132181-4A	4/20-6/8	Th	9:15-10A	9-18mos	\$45/\$65
132181-4B	4/20-6/8	Th	10:05-10:50A	1.5-3	\$45/\$65
132181-4C	4/20-6/8	Th	10:55-11:40A	1.5-3	\$45/\$65
132181-4D	4/21-6/9	F	9:15-10A	1.5-3	\$45/\$65
132181-4E	4/21-6/9	F	10:05-10:50A	1-5	\$45/\$65
132181-4F	4/21-6/9	F	10:55-11:40A	3-5.5	\$45/\$65

Munchkin Soccer

Location: Fitch Middle School

Instructor: YES Soccer

Children learn basic soccer skills with a focus on having fun under the direction of Youth Elite Soccer coaches.

Activity #	Date	Day	Time	Age	R/NR
132184-3A	2/4-3/11	Sa	9- 9:45A	4-5	\$45/\$65
132184-3B	2/4-3/11	Sa	10-10:45A	4-5	\$45/\$65
132184-4A	4/22-6/3	Sa	9- 9:45A	4-5	\$45/\$65
132184-4B	4/22-6/3	Sa	10-10:45A	4-5	\$45/\$65



Time to Get Messy

Location: William Seely School

Instructor: Faith Richardson

A very hands-on way for pre-school children to explore art. Children experiment with clay, paint, markers, crayons, glue, recycled materials and so much more. Dress for the mess!

Activity #	Date	Day	Time	Age	R/NR
133181-3A	1/31-3/21	Tu	10:15-10:45A	1.5-5	\$45/\$65
133181-4A	4/18-6/6	Tu	10:15-10:45A	1.5-5	\$45/\$65

Create & Movement Combo

Location: William Seely School

Instructor: Faith Richardson

Our two most popular preschool programs - combined! Spend time with your child exploring messy art and building strength and coordination through play with this Time to Get Mess/TIME to Move combo. Dress to get messy and run and play!

Activity #	Date	Day	Time	Age	R/NR
133180-3A	1/31-3/21	Tu	9-10A	1.5-5	\$65/\$85
133180-4A	4/18-6/6	Tu	9-10A	1.5-5	\$65/\$85

INSTRUCTOR Q&A

Faith Richardson

Q: How long have you worked for Groton Parks and Recreation?

A: I was a playground leader for 5 years during college and I have been teaching toddler programs for two years now. I have also been a volunteer for Special Olympics through Parks and Rec since I was 15.

Q: What is your favorite part about teaching early childhood programs?

A: My favorite part is watching the participants grow and develop. Every week I see them they have gained a new skill, whether it is a new word or a willingness to try something new. I love being an observer of these changes.

Q: My toddler's behavior can be unpredictable. Are your programs flexible to accommodate that?

A: My programs are totally flexible. You can't force a toddler to do something he or she doesn't want to so we can work around that, whether it is rearranging the gross motor options in Time to Move or offering a different activity in the sensory table in Time to Get Messy.

Q: What is the benefit of enrolling my child in an art or sports program at such a young age?

A: The benefits of art and sports are huge for young children. Art is a way for a child to express himself before they know a lot of words. It encourages communication, social skills, and fine motor skills. Sports are a great way to encourage working together and helps children burn off extra energy so they get better, more restorative sleep.

DANCE

Parent & Toddler Dance

Location: William Seely School

Instructor: Joy Fidrych

Toddlers develop basic motor skills and improve coordination as they dance, sing, and play in this fun-filled class.

Activity #	Date	Day	Time	Age	R/NR
131080-3A	2/2-3/23	Th	4- 4:45P	1-3	\$55/\$75
131080-4A	4/20-6/8	Th	4- 4:45P	1-3	\$55/\$75

Intro to Dance

Location: William Seely School

Instructor: Joy Fidrych

Children move as they combine creative dance with an introduction to ballet and tap dancing.

Activity #	Date	Day	Time	Age	R/NR
131183-3B	2/2-3/23	Th	4:50- 5:35P	3-5	\$55/\$75
131183-4B	4/20-6/8	Th	4:50- 5:35P	3-5	\$55/\$75

Princess Ballet

Location: William Seely School

Instructor: Joy Fidrych

Dancers learn the story of a featured princess and dance a princess dance! Lots of moving and fun!

Activity #	Date	Day	Time	Age	R/NR
131184-3B	1/30-3/27	M	4- 4:30P	3-5	\$49/\$69
131184-4B	4/17-6/12	M	4- 4:30P	3-5	\$49/\$69

Dance Combo

Location: William Seely School

Instructor: Joy Fidrych

Try this fun combination class that introduces children to ballet, tap, and jazz skills through center work and dances.

Activity #	Date	Day	Time	Age	R/NR
131280-3A	2/2-3/23	Th	5:40- 6:25P	5-6	\$55/\$75
131280-3B	1/30-3/27	M	4:35- 5:20P	7-8	\$55/\$75
131280-3C	1/30-3/27	M	5:25- 6:10P	9-12	\$55/\$75
131280-4A	4/20-6/8	Th	5:40- 6:25P	5-6	\$55/\$75
131280-4B	4/17-6/12	M	4:35- 5:20P	7-8	\$55/\$75
131280-4C	4/17-6/12	M	5:25- 6:10P	9-12	\$55/\$75



NEW! Beginner Tap

Location: William Seely School

Instructor: Joy Fidrych

Beginner Tap is for adults who want to give tap dancing a go or who have some experience. Learn the terminology, technique and footwork in this easy to follow class. Come along for some great music, some fine dance and a social atmosphere.

Activity #	Date	Day	Time	Age	R/NR
131410-3A	1/30-3/27	M	6:15- 7P	16+	\$55/\$75
131410-4A	4/17-6/12	M	6:15- 7P	16+	\$55/\$75

NEW! Hip Hop Dance

Location: William Seely School

Instructor: Monica Fish

Children learn different styles of hip-hop dance moves to improve confidence and stay in shape.

Activity #	Date	Day	Time	Age	R/NR
131380-3A	1/30-3/27	M,W	5:30- 6:25P	7-15	\$89/\$109
131380-4A	4/17-6/12	M,W	5:30- 6:25P	7-15	\$89/\$109

Ballroom & Latin Dance

Location: Groton Senior Center

Instructor: Janine Crane

Come learn what all the fuss is about! Each week our instructor takes you through a new Dance style, everything from classic waltz, foxtrot, Tango to American Rhythm of cha-cha, salsa, swing and rumba. You are taught the dos and don'ts of lead and follow along with simple smooth Latin technique. At end of each class there is a 30-minute practice dance party.

Activity #	Date	Day	Time	Age	R/NR
263400-4A	3/7-4/25	Tu	6:30- 7:15P	18+	\$45/\$55
263400-4B	3/7-4/25	Tu	7:15- 8P	18+	\$45/\$55

Country Line Dancing

Location: Groton Senior Center

Instructor: TBD

Learn a variety of country line dancing steps to great music.

Activity #	Date	Day	Time	Age	R/NR
263500-3A	1/2-2/27	M	10:30A-12P	55+	\$30/\$40
263500-4A	3/6-4/24	M	10:30A-12P	55+	\$30/\$40

KARATE

Location: William Seely School
Instructor: Ralph Batty, Jr.

Acquire increased self-esteem, self-respect, and self-discipline while developing strong minds, bodies, and spirits. All classes Level II and higher require approved uniform and safety equipment. Taught in a safe and structured environment.



Lil' Tiger I

Activity #	Date	Day	Time	Age	R/NR
142111-3A	1/31-3/21	Tu	4:15- 4:45P	3-5	\$55/\$75
142111-3B	1/31-3/21	Tu	1- 1:30P	3-5	\$55/\$75
142111-3C	2/2-3/23	Th	4:15- 4:45P	3-5	\$55/\$75
142111-4A	4/18-6/6	Tu	4:15- 4:45P	3-5	\$55/\$75
142111-4B	4/18-6/6	Tu	1- 1:30P	3-5	\$55/\$75
142111-4C	4/20-6/8	Th	4:15- 4:45P	3-5	\$55/\$75

Lil' Tiger II

Ranks: White, White w/Yellow Stripe, Yellow w/White Stripe, Yellow

Activity #	Date	Day	Time	Age	R/NR
142111-3D	2/1-3/22	W	4:30- 5P	3-5	\$55/\$75
142111-3E	2/2-3/23	Th	1- 1:30P	3-5	\$55/\$75
142111-3F	2/3-3/24	F	4:30- 5P	3-5	\$55/\$75
142111-4D	4/19-6/7	W	4:30- 5P	3-5	\$55/\$75
142111-4E	4/20-6/8	Th	1- 1:30P	3-5	\$55/\$75
142111-4F	4/21-6/9	F	4:30- 5P	3-5	\$55/\$75

Lil' Tiger III

Ranks: White w/Green, Blue, Purple Stripe.

Activity #	Date	Day	Time	Age	R/NR
142111-3G	2/3-3/24	F	5:45- 6:30P	3-5	\$65/\$85
142111-4G	4/21-6/9	F	5:45- 6:30P	3-5	\$65/\$85



Jr. Dragon I

Activity #	Date	Day	Time	Age	R/NR
142210-3A	2/1-3/22	W	7- 7:45P	6-12	\$65/\$85
142210-4A	4/19-6/7	W	7- 7:45P	6-12	\$65/\$85

Jr. Dragon II

Ranks: White, White w/Yellow Stripe, Yellow w/White Stripe, Yellow

Activity #	Date	Day	Time	Age	R/NR
142210-3B	2/1-3/24	W,F	5- 5:45P	6-12	\$115/\$135
142210-4B	4/19-6/9	W,F	5- 5:45P	6-12	\$115/\$135

Jr. Dragon III

Ranks: Orange, Green and Blue belts

Activity #	Date	Day	Time	Age	R/NR
142210-3C	1/30-3/27	M,W	6- 7P	6-12	\$129/\$149
142210-4C	4/17-6/12	M,W	6- 7P	6-12	\$129/\$149

Jr. Dragon IV

Ranks: Brown belt and higher.

Activity #	Date	Day	Time	Age	R/NR
142210-3D	1/31-3/23	Tu,Th	5:30- 6:30P	6-12	\$129/\$149
142210-4D	4/18-6/8	Tu,Th	5:30- 6:30P	6-12	\$129/\$149

Jr. Black Belt

Ranks: Brown belt and higher.

Activity #	Date	Day	Time	Age	R/NR
142280-3A	1/31-3/23	Tu,Th	6:30- 7:30P	8-11	\$129/\$149
142280-4A	4/18-6/8	Tu,Th	6:30- 7:30P	8-11	\$129/\$149

Black Belt

Ranks: Brown belt and higher

Activity #	Date	Day	Time	Age	R/NR
142280-3B	1/31-3/23	Tu,Th	7:30- 9P	12+	\$193/\$213
142280-4B	4/18-6/8	Tu,Th	7:30- 9P	12+	\$193/\$213

Adult Beginner & Intermediate

Ranks: White Belt (All Beginners) through Purple w/Black Stripe.

Activity #	Date	Day	Time	Age	R/NR
142410-3A	1/30-3/27	M,W	7:45- 8:45P	13+	\$129/\$149
142410-3B	1/31-3/23	Tu,Th	12- 1P	13+	\$129/\$149
142410-4A	4/17-6/12	M,W	7:45- 8:45P	13+	\$129/\$149
142410-4B	4/18-6/8	Tu,Th	12- 1P	13+	\$129/\$149

Grading Ages 3-6

Lil' Tigers Grading (belt testing) Level II - test takes approximately 30 minutes. Level III - must bring their safety equipment

Activity #	Date	Day	Time	Age	FEE
142105-3A	3/4	Sa	1:30- 2:15P	3-6	\$20
142105-4A	5/20	Sa	1:30- 2:15P	3-6	\$20

Grading age 6+

Karate Grading (Belt testing) Jr. Dragons Levels II & III, Jr. Black Belt, Black Belt and Adults. All participants MUST bring their safety equipment. Lower rank students dismissed upon completion of their test.

Activity #	Date	Day	Time	Age	FEE
142105-3B	3/4	Sa	2:15- 4:30P	6+	\$20
142105-4B	5/20	Sa	2:15- 4:30P	6+	\$20

Spring Shiai Karate Tournament Saturday, April 8

Location: Fitch High School

This one-day Shiai IOGKF tournament consists of the following events: blocker sparring (free division) IOGKF kata, Sanbon Shobu (3 Point match) and Iri Kumi ju (continuous sparring). Enrollment into the Iri Kumi go, Knockdown and Kobudo divisions are with the approval of Sensei only. Lil' Tiger students ages 4-6 register for FREE! The event is hosted by Sensei Ralph Batty Jr and arbitrated by Sensei Chris deWet. Full schedule of events available at GrotonRec.com/Karate.

Activity #	Time	Age	FEE
142102-4A	Lil' Tigers	4-5	Free
142102-4B	All Levels	6+	\$35/\$45

New Year's Karate Training

Okinawa has a tradition of bringing in a new year with hard training. The Okinawan Karate-ka believe that whatever you do on the first of the year creates a good habit for the entire year. This is a training session for all students. Students ages 3-5 participate from 8 am - 9 am. Students ages 6 and older participate from 8 am - 10 am.

Activity #	Date	Day	Time	Age	R/NR
142100-2A	1/1	Su	8- 9A	3-5	\$5/\$15
142100-2B	1/1	Su	8-10A	6+	\$10/\$20



INSTRUCTOR Q&A Ralph Batty, Jr.

Q: How long have you been teaching karate?

A: I have been training in Okinawa Goju-ryu for over 33 years and I am a senior instructor in the International Okinawan Goju-Ryu Karate-Do

Federation (IOGKF).

Q: What is your favorite part?

A: I love watching my students as they turn into young adults. I cannot tell you how many students I have had that started at the age of 3 and continued to train until it was time to leave for college. They still come back! It's amazing to watch these little guys and girls grow up.

Q: Will Martial Arts teach my child discipline?

A: Martial Arts training teaches your child discipline and many other positive personal qualities. I teach self-respect, self-discipline, self-control, perseverance and other important lessons by using examples and life stories and encouraging students to practice these lessons daily outside of the dojo.

Q: I don't know much about karate. What do I need to know and why should I start in your program?

A: We have opportunities for all levels of students. Karate can't be learned in a single 8-week class, it takes years to master. Fortunately, my program offered through Groton Parks and Recreation allows beginners to sign up for one season at a time to find out if it is something you really like.

You should also know that Okinawa Goju-ryu Karate that we offer is very traditional. We wear the all-white gi (uniform) and focus on the history, language and culture of our style in addition to practicing the katas and other skills. This program gives students a deep understanding of karate and provides them with skills that will benefit them throughout their lives.

Groton Parks and Recreation tells me that this is one of the largest and most highly rated programs they offer. I've been here for more than 20 years and we know it works. If you're still wondering whether it is right for you, I welcome you to stop in and observe a class.

YOUTH SPORTS

Junior Basketball

Location: Catherine Kolnaski Magnet School

Instructor: Byron Knox

Have fun learning hoop basics including dribbling, shooting and defense through instruction and non-competitive games.

Activity #	Date	Day	Time	Age	R/NR
144281-3A	2/4-3/25	Sa	9:30-10:15A	6-7	\$45/\$65
144281-3B	2/4-3/25	Sa	10:30-11:15A	6-7	\$45/\$65

Instructional Lacrosse

Location: Fitch High School

Instructor: Groton Mystic Lacrosse

Players learn the basics of catching, throwing, shooting, scooping and team play by experienced coaches in a safe and structured setting. Time is divided between age appropriate drills and simulated game play. Equipment is provided, but players should bring their own sticks if they have one. Our goal is to provide an opportunity for children and parents to learn more about the exciting game of lacrosse in a fun and family orientated atmosphere.

Activity #	Date	Day	Time	Age	R/NR
144282-3A	1/29-2/26	Su	12:30- 2P		\$45/\$65

Winter Youth Soccer

Location: Fitch Middle School

Instructor: UK International

The program is geared toward technique and skills development through drills and mini round robin games.

Activity #	Date	Day	Time	Age	R/NR
144285-3A	2/4-3/4	Sa	12-12:45P	5-7	\$45/\$65
144285-3B	2/4-3/4	Sa	1- 1:55P	8-10	\$45/\$65
144285-3C	2/4-3/4	Sa	2- 2:55P	11-14	\$45/\$65

Spring Soccer Clinic

Location: Poquonnock Plains Park

Instructor: Youth Elite Soccer

Players are grouped according to ability and age. Bring shin guards and a water bottle.

Activity #	Date	Day	Time	Age	R/NR
144286-4A	4/17-4/20	M-Th	8:45-10:15A	4-6	\$79/\$99
144286-4B	4/17-4/20	M-Th	10:30A-12P	4-6	\$79/\$99
144286-4C	4/17-4/20	M-Th	9A-12P	7-12	\$105/\$125

Girls Indoor Volleyball

Location: Cutler Middle School

Instructor: Ashley Adams

Learn, develop and improve participant's abilities, while having fun. Participants have an opportunity to improve their technical skills as well as to effectively apply their skills in match situations.

Activity #	Date	Day	Time	Age	R/NR
144384-3A	2/2-3/23	Th	6:30- 8:30P	13-18	\$89/\$109



Youth Floor Hockey

Location: Fitch Middle School

Instructor: TBD

Bring your favorite hockey stick (blade must be covered with white hockey tape) or borrow one of ours and come play. Open to both beginners and experienced players.

Activity #	Date	Day	Time	Age	R/NR
144487-3A	1/8-3/19	Su	1- 2P	5-7	\$45/\$65
144487-3B	1/8-3/19	Su	2- 3P	8-10	\$45/\$65
144487-3C	1/8-3/19	Su	3- 4P	11-15	\$45/\$65

After School Spring Golf

Location: Shennecossett Gofl Course

Instructor: Mike Rege

Beginners: Taught the basic fundamentals of golf (grip, stance, swing as well as basic golf rules and etiquette). Intermediate: Basic fundamentals on the practice areas at Shennecossett. Advanced: Begin with the basics and upon showing mastery of the basics, are allowed to go on the course with individualized instruction.

Activity #	Date	Day	Time	Age	R/NR
143380-4A	4/24-5/15	M	4:30- 6P	11-15	\$59/\$79



ADULT SPORTS

Dodgeball

Location: Fitch Middle School

Instructor: Staff

Come have a great workout and enjoy some old playground fun. All levels!

Activity #	Date	Day	Time	Age	FEE
144480-3A	2/5-3/26	Su	7- 9P	18+	\$30
144480-4A	4/23-6/18	Su	6- 8P	18+	\$30

Coed Indoor Soccer

Location: Fitch High School

Instructor: John Watson

Recreational, non-league pickup soccer games for adults of all skill levels, from beginners through advanced. New players are welcome!

Activity #	Date	Day	Time	Age	FEE
144484-3A	1/8-3/19	Su	2:30- 4P	18+	\$20

Coed Pick-up Soccer

Location: Poquonnock Plains Park

Instructor: John Watson

Recreational, non-league, pick-up soccer games for adults of all skill levels, from beginners through advanced. New players are welcome!

Date	Day	Time	Age	FEE
4/23-12/10	Su	2:30- 4P	18+	Free

Adult Open Floor Hockey

Location: Fitch Middle School

Instructor: George White

Enjoy a great cardiovascular workout as you chase a little orange ball in this fast-paced floor hockey program. Pickup games are played. Approved wrapped hockey stick required.

Activity #	Date	Day	Time	Age	R/NR
144488-3A	1/8-3/19	Su	4- 6P	16+	\$30/\$50

Street Hockey

Location: Groton Hockey Rink

Enjoy a great cardiovascular workout as you chase a little orange ball in this fast-paced street hockey program. This is a non-contact recreational program of pickup games for fun and exercise. Approved hockey stick required. Full-time goalies play free, but must pre-register.

Activity #	Date	Day	Time	Age	R/NR
144489-4A	4/18-11/16	Tu,Th	5:30- 7:30P	15+	\$30/\$50

Eastern Connecticut Roller Hockey League

Location: Groton Hockey Rink

Competitive inline hockey is at its finest at Southeastern CT's only outdoor regulation rink. Registration is done by team. Team captains register online at grotonrec.com under leagues or through the Recreation office. Rosters/waivers are submitted to league coordinator at the first game. Teams consist of up to thirteen players including goalies.

Activity #	Date	Day	Time	Age	TEAM FEE
145420-4A	4/23-6/18	Su	9A- 4P	17+	\$870

GYMNASTICS

Location: William Seely School

Instructor: ABC Gymnastics

Tiny Tumblers

Learn the basics of proper warm-up, tumbling, and balance beam from a USA Gymnastics certified instructor and explore a wide range of special motor skills with a clear emphasis on movement, music and balance. Program specifically designed for parent/child interaction together.

Activity #	Date	Day	Time	Age	R/NR
141180-3A	2/4-3/25	Sa	8:30- 9:10A	1.5-3	\$65/\$85
141180-3C	1/31-3/21	Tu	10:15-10:55A	1.5-3	\$65/\$85
141180-3D	1/31-3/21	Tu	11-11:40A	1.5-3	\$65/\$85
141180-4A	4/22-6/17	Sa	8:30- 9:10A	1.5-3	\$65/\$85
141180-4C	4/18-6/6	Tu	10:15-10:55A	1.5-3	\$65/\$85
141180-4D	4/18-6/6	Tu	11-11:40A	1.5-3	\$65/\$85

Mini Stars

Learn the basics of proper warm-up, tumbling, vaulting, and balance beam from a USA Gymnastics certified instructor.

Activity #	Date	Day	Time	Age	R/NR
141181-3A	2/4-3/25	Sa	9:20-10A	4-5	\$65/\$85
141181-3B	1/31-3/21	Tu	9:30-10:10A	4-5	\$65/\$85
141181-4A	4/22-6/17	Sa	9:20-10A	4-5	\$65/\$85
141181-4B	4/18-6/6	Tu	9:30-10:10A	4-5	\$65/\$85

Beginner Gymnastics

Learn the basics of proper warm-up, tumbling, vaulting, and balance beam from a USA Gymnastics certified instructor.

Activity #	Date	Day	Time	Age	R/NR
141200-3A	2/4-3/25	Sa	10:05-10:45A	5-15	\$65/\$85
141200-3B	2/4-3/25	Sa	10:50-11:30A	5-15	\$65/\$85
141200-3C	1/30-3/27	M	4:25- 5:05P	5-15	\$65/\$85
141200-4A	4/22-6/17	Sa	10:05-10:45A	5-15	\$65/\$85
141200-4B	4/22-6/17	Sa	10:50-11:30A	5-15	\$65/\$85
141200-4C	4/17-6/12	M	4:25- 5:05P	5-15	\$65/\$85

Intermediate Gymnastics

Requirements: Must have mastered a forward roll with feet together, cartwheel, and bridge on floor, be able to walk across high beam forward and backward without assistance, and be able to jump up to a front support and cast on the bar.

Activity #	Date	Day	Time	Age	R/NR
141201-3A	2/4-3/25	Sa	11:35A-12:15P	5-15	\$65/\$85
141201-3B	1/30-3/27	M	5:10- 5:50P	5-15	\$65/\$85
141201-4A	4/22-6/17	Sa	11:35A-12:15P	5-15	\$65/\$85
141201-4B	4/17-6/12	M	5:10- 5:50P	5-15	\$65/\$85

Advanced Gymnastics

Requirements: Must have mastered a backward roll, full handstand, bridge kick-over, and a pull-over on bars, and should be comfortable doing jumps and handstands on beam. Must be hard workers and good listeners.

Activity #	Date	Day	Time	Age	R/NR
141202-3A	2/4-3/25	Sa	12:20- 1:20P	7-17	\$95/\$115
141202-4A	4/22-6/17	Sa	12:20- 1:20P	7-17	\$95/\$115

FITNESS

Active Yoga

Location: Fitch Middle School
Instructor: Lori Miller

Yogis increase physical and spiritual power using ancient yoga techniques. Some yoga experience is preferred, but not necessary. Wear comfortable clothing and bring a mat or large towel.

Activity #	Date	Day	Time	Age	R/NR
153480-3A	1/30-3/27	M	6:15- 7:30P	14+	\$59/\$79
153480-4A	4/17-6/12	M	6:15- 7:30P	14+	\$59/\$79

Yoga Fit

Location: Groton Senior Center
Instructor: Connie Steffes

Simple yoga poses are used to focus on relaxation and flexibility.

Activity #	Date	Day	Time	Age	R/NR
262508-3A	1/4-3/1	W	8-9:15A	55+	\$24/\$34
262508-4A	3/8-4/26	W	8-9:15A	55+	\$24/\$34



Step Fitness Blend

Location: William Seely School
Instructor: Denise Descheneaux

Fun choreographed step aerobics, total body strength training, followed by a great core workout, all done in an interval format that has you feeling great as you increase your overall strength and endurance. *Sign up for both days and save \$10! Non-resident fee is only applied once.*

Activity #	Date	Day	Time	Age	R/NR
151488-3A	1/30-3/27	M	5:30- 6:25P	12+	\$60/\$80
151488-3B	2/1-3/22	W	5:30- 6:25P	12+	\$60/\$80
151488-4A	4/17-6/12	M	5:30- 6:25P	12+	\$60/\$80
151488-4B	4/19-6/7	W	5:30- 6:25P	12+	\$60/\$80

Attend the first program meeting of the Winter or Spring session of any fitness class for FREE!

*Participants must sign a waiver.

*Programs that have met the maximum number of participants are excluded.

TRY IT
FREE!



NEW! Barre

Location: William Seely School
Instructor: Yolla El Khoury

The program includes a series of movements that strengthen and lengthen the entire body and promotes balance and stability. It includes a combination of functional strength and athletic movements in conjunction with the core conditioning principles of Pilates, ballet, and yoga.

Activity #	Date	Day	Time	Age	R/NR
15148A-3A	1/30-3/27	M	6:30- 7:25P	13+	\$55/\$75
15148A-4A	4/17-6/12	M	6:30- 7:25P	13+	\$55/\$75

NEW! Strength and Conditioning

Location: William Seely School
Instructor: Yolla El Khoury

Rev up your metabolism with a full-body workout focused on functional strength, core conditioning and flexibility.

Activity #	Date	Day	Time	Age	R/NR
151481-3A	2/2-3/23	Th	9- 9:55A	13+	\$55/\$75
151481-4A	4/20-6/8	Th	9- 9:55A	13+	\$55/\$75

Strength Training

Location: Groton Senior Center
Instructor: Lorraine Raimondi

This class focuses on improving muscular endurance and strength. A wide variety of strength tools are used including hand weights, dynabands, and exertubes. Good for all levels of strength.

Activity #	Date	Day	Time	Age	R/NR
262400-3A	1/4-2/27	M,W	4-5P	55+	\$72/\$82
262400-4A	3/6-4/26	M,W	4-5P	55+	\$72/\$82

NEW! Wake Up Workout

Location: Groton Senior Center

Instructor: Christina Palacois

For all you morning people, we have a workout for you! This circuit class includes cardio and resistance to build endurance and increase mobility with the use of balls, bands, and handweights.

Activity #	Date	Day	Time	Age	R/NR
262401-3A	1/4-2/27	M,W,F	7-8A	18+	\$72/\$82
262401-4A	3/6-4/28	M,W,F	7-8A	18+	\$72/\$82

Bootcamp

Location: William Seely School

Instructor: Kate Singer

This course utilizes interval training with basic exercises and weights to improve your physical fitness as well as your cardiovascular health. Bonus Feature: The class wraps up with 15 minutes of *CORE EXPRESS* to build strength and tone your core! Intensity modifications are provided, choose your own level (or switch between levels) for a custom workout made just for you! New exercises are introduced to maintain your interest and ensure a total body workout. Best of all, Kate provides you with the course content so you can do these workouts at home between classes to reach your goals faster! Join the team and use the group dynamic to motivate yourself to push harder than you would on your own! If you would like more information, or have specific questions about the class, contact Kate at katesinger99@gmail.com Try the first class for FREE!

Activity #	Date	Day	Time	Age	R/NR
151480-3A	1/31-3/21	Tu	5:30- 6:25P	18+	\$55/\$75
151480-4A	4/18-6/6	Tu	5:30- 6:25P	18+	\$55/\$75

Scholarships Available!

We offer financial assistance for qualifying Groton Residents. See the scholarship form on page 30 for more information.

Tai Chi

Location: Cutler Middle School

Instructor: John Sidoli

Participants of all abilities refine Tai Chi movements, postures, meditation, and breathing techniques to promote physical and mental well-being and longevity. Selected Qi Gong fundamentals are included.

Lvl	Activity #	Date	Day	Time	Age	R/NR
Beg	153410-3B	2/2-3/23	Th	6:45- 8P	14+	\$55/\$75
Exp	153410-3C	2/2-3/23	Th	5:30- 6:45P	14+	\$55/\$75
Beg	153410-4B	4/20-6/8	Th	6:45- 8P	14+	\$55/\$75
Exp	153410-4C	4/20-6/8	Th	5:30- 6:45P	14+	\$55/\$75

Tai Chi for Seniors

Location: Groton Senior Center

Instructor: Gary Donovan

Originally a martial art 700 years young, this practice is well established to promote balance, flexibility, range of motion, grace, increased energy and relaxation. Immune system function is also enhanced. Creates mind-body harmony.

Activity #	Date	Day	Time	Age	R/NR
262509-3A	1/3-2/28	Tu	2- 3P	55+	\$24/\$34
262509-3B	1/5-3/2	Th	10-11A	55+	\$24/\$34
262509-4A	3/7-4/25	Tu	2- 3P	55+	\$24/\$34
262509-4B	3/9-4/27	Th	10-11A	55+	\$24/\$34



Legal doesn't mean safe. Prescription drug abuse is a big deal.

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*Voted Best Golf Course and
Best Golf Hole 2 years in a row!*



Experience golf history...



Shennecossett Golf Course

93 Plant Street
Groton, CT 06340
860-448-1867

Shennecossett is a historic 18-hole public course designed by Donald Ross. Located on beautiful Long Island Sound and the Thames River, the course features dramatic views and a chance to spot a tall ship at sail or a US submarine. Founded in 1898, Shennecossett remains a top New England golfing destination. Call today for an opportunity to play.



FITNESS CONT.

Stretch, Strength, & Balance

Location: Groton Senior Center

Instructor: Sue Wyatt

This program focuses on muscular strength and endurance and flexibility with a goal of improving fitness level and balance. Joint health and safety and fall prevention included. Chairs are used.

Activity #	Date	Day	Time	Age	R/NR
262500-3A	1/2-3/3	M,W,F	10-11A	55+	\$52/\$62
262500-4A	3/6-4/28	M,W,F	10-11A	55+	\$52/\$62

Stretch, Strength, & Balance - Arthritis

Location: Groton Senior Center

Instructor: Julie Oliver

This Arthritis Foundation Exercise Program focuses on joint health and the fitness needs of people with joint disease and those with a low fitness level. **SILVER SNEAKERS**

FLEX Program

Activity #	Date	Day	Time	Age	R/NR
262503-3A	1/3-3/2	Tu,Th	10:15-11:15A	55+	\$40/\$50
262503-4A	3/7-4/27	Tu,Th	10:15-11:15A	55+	\$40/\$50

Cardio Fit

Location: Groton Senior Center

Instructor: Julie Oliver

This is a moderate to moderately heavy low impact aerobics program. Exercises focus on the major muscle groups and strengthening the heart and lungs. 25 to 30 minutes of aerobic work is done. **SILVER SNEAKERS FLEX Program**

Activity #	Date	Day	Time	Age	R/NR
262504-3A	1/3-3/2	Tu,Th	9-10A	55+	\$40/\$50
262504-4A	3/7-4/27	Tu,Th	9-10A	55+	\$40/\$50

Cardio Sculpt

Location: Groton Senior Center

Instructor: Sue Wyatt

This program offers 15 to 20 minutes of aerobic work with a focus on specific exercises to strengthen and sculpt.

Activity #	Date	Day	Time	Age	R/NR
262505-3A	1/2-3/3	M,W,F	9-10A	55+	\$52/\$62
262505-4A	3/6-4/28	M,W,F	9-10A	55+	\$52/\$62

Heart Healthy Fitness

Location: Groton Senior Center

Instructor: Lorraine Raimondi

This is a moderate to moderately heavy low-impact aerobics program. Exercises focus on improving cardiovascular endurance and strength. Good for anyone who has had a heart attack, mild stroke with minimal physical constraints, or other health issue, also good for anyone looking to get back into shape.

Activity #	Date	Day	Time	Age	R/NR
262403-3A	1/4-2/27	M,W,F	4-5P	55+	\$72/\$82
262403-4A	3/6-4/28	M,W,F	4-5P	55+	\$72/\$82



Zumba

Location: William Seely School

Instructor: Yolla El Khoury

Zumba fuses different Latin dances into a great workout that helps you lose weight and tone your body.

Activity #	Date	Day	Time	Age	R/NR
151482-3A	1/31-3/21	Tu	6:30- 7:25P	13+	\$55/\$75
151482-4A	4/18-6/6	Tu	6:30- 7:25P	13+	\$55/\$75

Zumba Toning

Location: William Seely School

Instructor: Yolla El Khoury

Challenge yourself by using light weights to help you focus on specific muscle groups, so you and your muscles stay engaged. Light weights enhance a sense of rhythm and coordination while toning target zones, including arms, core and lower body.

Activity #	Date	Day	Time	Age	R/NR
151483-3A	2/2-3/23	Th	6:30- 7:25P	13+	\$55/\$75
151483-4A	4/20-6/8	Th	6:30- 7:25P	13+	\$55/\$75

Zumba Gold

Location: Groton Senior Center

Instructor: Monica Bengston

Perfect for active adults who are looking for a modified Zumba class that recreates the original moves you love at a lower-intensity.

Activity #	Date	Day	Time	Age	R/NR
262501-3A	1/3-2/21	T	5 - 6P	55+	\$24/\$34
262501-3B	1/4-2/22	W	11:45A- 12:45P	55+	\$24/\$34
262501-3C	1/5-2/23	Th	5 - 6P	55+	\$24/\$34
262501-4A	3/7-4/25	T	5 - 6P	55+	\$24/\$34
262501-4B	3/8-4/26	W	11:45A- 12:45P	55+	\$24/\$34
262501-4C	3/9-4/27	Th	5 - 6P	55+	\$24/\$34

Zumba Gold Toning

Location: Groton Senior Center

Instructor: Monica Bengston

Tailored for active older adults who want to focus on muscle conditioning and light weight activity. How it works - blends the Zumba party you love at a slower pace with a redefining total body workout using Zumba Toning Sticks to shake up those muscles!

Activity #	Date	Day	Time	Age	R/NR
262506-3A	1/2-2/27	M	6:10-7:10P	55+	\$24/\$34
262506-3B	1/6-3/3	F	12-1P	55+	\$24/\$34
262506-4A	3/6-4/24	M	6:10-7:10P	55+	\$24/\$34
262506-4B	3/10-4/28	F	12-1P	55+	\$24/\$34

ADAPTIVE PROGRAMS

While all of Groton Parks and Recreation's programs and activities are open to individuals with disabilities, we also offer a selection of programs with special support and adaptations for those who need them. For more information about Adaptive Programs and special needs modifications, please contact Eileen Cicchese at (860) 536-5691 or ecicchese@groton-ct.gov.

Adaptive Karate

Location: William Seely School

Instructor: Ralph Batty, Jr.

Students learn how to overcome physical challenges by utilizing their strengths and improving their weaknesses. Participants also develop a strong mind, body and spirit while increasing self-confidence and self-esteem.

Activity #	Date	Day	Time	Age	R/NR
142110-3A	1/30-3/27	M	7- 7:40P	5+	\$45/\$65
142110-3B	1/31-3/23	Tu,Th	4:50- 5:30P	5+	\$85/\$105
142110-4A	4/17-6/12	M	7- 7:40P	5+	\$45/\$65
142110-4B	4/18-6/8	Tu,Th	4:50- 5:30P	5+	\$85/\$105

Adaptive Painting

Location: Groton Senior Center

Instructor: Andy Plasse

People with disabilities learn the basics of drawing and painting by working on individually chosen projects in a group setting. Supplies for drawing and water color provided.

Activity #	Date	Day	Time	Age	R/NR
134400-3A	1/31-3/21	Tu	9-10:30A	21+	\$30/\$50
134400-4A	4/18-6/6	Tu	9-10:30A	21+	\$30/\$50

Adaptive Cooking for Fun

Location: Fitch High School

Instructor: Andy Plasse

People with disabilities enjoy the art of cooking in a social setting. Learn to follow directions, use a kitchen safely, make healthy choices, collect recipes, and share with peers.

Activity #	Date	Day	Time	Age	R/NR
137400-3A	2/1-3/22	W	5- 7P	13-35	\$70/\$90
137400-4A	4/19-6/7	W	5- 7P	13-35	\$70/\$90



Adaptive Fitness

Location: William Seely School

Instructor: Staff

Exercise program designed and implemented to provide a safe, fun and effective workout for people with disabilities. All fitness levels invited.

Activity #	Date	Day	Time	Age	FEE
151400-3A	1/31-3/21	Tu	5:45- 7:15P	12-45	\$20
151400-4A	4/18-6/6	Tu	5:45- 7:15P	12-45	\$20

Adaptive Swimming

Location: UCONN Avery Point

Instructor: Andy Plasse

Level 1-2 swimmers with special needs learn basic skills at their own speed and develop increased independence and safety in the water. Extra staff is available in the water to provide support. See aquatics page for skill level. *Add this program and then Family Swim to your cart to save \$35! You can use family swim times to practice skills learned in swim lessons, or just have some great family fun in the water!*

Lv.	Activity #	Date	Day	Time	Age	R/NR
1	181109-3A	2/4-4/1	Sa	12:45- 1:25P	6-21	\$75/\$95
2	181109-3B	2/4-4/1	Sa	1:40- 2:20P	6-21	\$75/\$95
1	181109-4A	4/22-6/17	Sa	12:45- 1:25P	6-21	\$75/\$95
2	181109-4B	4/22-6/17	Sa	1:40- 2:20P	6-21	\$75/\$95

Adaptive Private Swim Lessons

Location: UCONN Avery Point Pool

Instructor: Staff

Weekly, 30-minute, one-on-one swim lessons. Limited space.

Activity #	Date	Day	Time	Age	R/NR
180300-3A	2/4-4/1	Sa	2:25- 2:55P	2+	\$149/\$169
180300-4A	4/22-6/17	Sa	2:25- 2:55P	2+	\$149/\$169

Teen/Young Adult Social Club

Location: William Seely School

Instructor: Jamie Jackson

Teens and young adults plan group activities weekly. Participants have opportunities to learn new leisure activities, meet new friends, all while having fun in age-appropriate groups. Please identify any disability in the comment section on the registration form.

Activity #	Date	Day	Time	Age	R/NR
130300-3A	2/3-3/24	F	6-9P	13-25	\$65/\$85
130300-4A	4/21-6/9	F	6-9P	13-25	\$65/\$85

Adult Social Nite

Location: Groton Public Library

Instructor: Andy Plasse

Learn social skills through peer interaction, while dining out and experiencing entertainment, such as, movies, dancing, bowling, art shows, and other cultural events. Participants are responsible for cost of meal and events, (events not to exceed \$15).

Activity #	Date	Day	Time	Age	R/NR
130400-3A	2/3-3/17	F	5-9P	18+	\$75/\$95
130400-4A	4/21-6/2	F	5-9P	18+	\$75/\$95

NEW! Unified Sports® Fitness Club

Location: Poquonnock Plains Park

All participants must be a registered athlete or partner through Special Olympics. The Club brings together people with and without intellectual disabilities and provides opportunities for regular fitness activity to enhance fitness and inspire friendships among participants. The Club focuses on participation rather than competition and each participant receives an individual tracking device which is used to monitor individual and Club progress. The Club provides the platform for individuals to challenge themselves and earn individual and Club rewards. The Club begins with walking as its main physical activity and incorporates a wide variety of other physical activities into weekly or bi-weekly sessions and offers Pin and Universal Walks at destinations throughout Connecticut.

Activity #	Date	Day	Time	Age	FEE
151401-3A	2/4-3/25	Sa	9-10A	8+	Free



Special
Olympics
Connecticut



Special Olympics provides year-round sports training and competition opportunities to athletes with intellectual disabilities. It also offers Special Olympics Unified Sports® which teams up athletes with intellectual disabilities and their peers without disabilities, known as Unified partners, to play sports. Participants train for a minimum of eight weeks prior to competition.

Athletes must register for Special Recreation!

Sports offered:

January - March: floor hockey, basketball, snow shoe and Nordic ski, aquatics

March - June: track and field, wheelchair track and field, tennis, soccer, cycling

June- September: sailing, golf, softball, and bocce

September - November: bowling and volleyball

Athletes, coaches, Unified partners and volunteers needed!

For more information contact Eileen Cicchese at (860) 536-5691 or ecicchese@groton-ct.gov.



Special Recreation

Location: Fitch Middle School

Instructor: Victor Cicchese

Individuals with disabilities participate in arts & crafts, sports activities and compete in Special Olympics sports. Days and times vary, please check monthly calendar for specifics.

Activity #	Date	Day	Time	Age	R/NR
130401-4A	3/2-6/8	Th	6:30- 8P	14+	\$40/\$60

AQUATICS

Location: UConn Avery Point Pool

Baby & Me Swim Social

Introduce your child to the water in this unstructured program. Staff is available to offer tips using activities, toys and songs. Participate with your baby in your grasp. One parent per child required. Swim diapers required. TIP: Bring a stroller into the locker room for easier changing.

Activity #	Date	Day	Time	Age	R/NR
184080-3A	2/5-3/26	Su	8:30- 9A	6 mos-3	\$25/\$45
184080-4A	4/23-6/18	Su	8:30- 9A	6 mos-3	\$25/\$45

Children's Small Group Swim Lessons

Learn the basics of swimming including breathing techniques, floating and balance, jumps, retrieval skills and more. This class is perfect for anyone who may have fears surrounding water. No prior experience in the water necessary. Limit of two students per instructor to ensure personal attention. Add this program and then Family Swim to your cart to save \$35! You can use the family swim times to practice skills learned in swim lessons, or just have some great family fun in the water!

Activity #	Date	Day	Time	Age	R/NR
182280-3A	2/5-3/26	Su	10:35-11:05A	3-6	\$99/\$119
182280-4A	4/23-6/18	Su	10:35-11:05A	3-6	\$99/\$119

Adult Swim Lessons

Designed for the beginner swimmer to learn the basics of swimming including breathing techniques, floating and balance, jumps, retrieval skills and more. This class is perfect for adults who may have fears surrounding water. No prior experience in the water necessary. Add this program and then Family Swim to your cart to save \$35! You can use the family swim times to practice skills learned in swim lessons, or just have some great family fun in the water!

Activity #	Date	Day	Time	Age	R/NR
181480-3A	2/4-4/1	Sa	10:30-11:10A	16+	\$99/\$119
181480-4A	4/22-6/17	Sa	10:30-11:10A	16+	\$99/\$119

Pre-Competition Swimming

Pre-Competition Swimming prepares swimmers for competition swimming either on a high school swim team or club team. Swimmers build endurance by swimming laps in the pool and fine tune their strokes through drills. Swimmers need to have met requirements for level 5 in order to take in this class (see opposite page for requirements).

Activity #	Date	Day	Time	Age	R/NR
182232-3A	2/5-3/26	Su	11:10-11:50A	8+	\$65/\$85
182232-4A	4/23-6/18	Su	11:10-11:50A	8+	\$65/\$85

Sign up for any swim lesson and Family Swim together and save \$35! You can use family swim times to practice skills learned in swim lessons, or just have some great family fun in the water!

Family Swim

Enjoy the pool to relax, work on skills, or just have fun. Two lanes will be set up for lap swim. Pool capacity is set at a maximum of 80 participants per swim time. Children must be supervised at all times. Registration includes both Saturdays & Sundays.

Activity #	Date	Day	Time	Age	R/NR
184880-3A	2/4-4/1	Sa	3-4P		
		Su	12-1P	8+	\$55/\$75
184880-4A	4/22-6/18	Sa	3-4P		
		Su	12-1P	8+	\$55/\$75

Private Lessons

Weekly, 30-minute, one-on-one swim lessons. **Limited space!**

Activity #	Date	Day	Time	Age	R/NR
180300-3B	2/4-4/1	Sa	10:30-11A	2+	\$149/\$169
180300-3C	2/4-4/1	Sa	2:25- 2:55P	2+	\$149/\$169
180300-3D	2/5-3/26	Su	10:35-11:05A	2+	\$149/\$169
180300-4B	4/22-6/17	Sa	10:30-11A	2+	\$149/\$169
180300-4C	4/22-6/17	Sa	2:25- 2:55P	2+	\$149/\$169
180300-4D	4/23-6/18	Su	10:35-11:05A	2+	\$149/\$169

Private Lessons - Advanced

Weekly, 30-minute, one-on-one swim lessons in the deep end of the pool. Average level 3+. **Limited space!**

Activity #	Date	Day	Time	Age	R/NR
180300-3E	2/5-3/26	Su	8:30- 9A	2+	\$149/\$169
180300-4E	4/23-6/18	Su	8:30- 9A	2+	\$149/\$169

Wayne Robinson office Mark Robinson shop

ROY & sons
Auto Body, Inc.

325 Rogers Road
(off Rte. 184)
Groton, CT 06340

860-445-7093

SWIMMING LESSONS

Ages 3-15

R/NR: \$65/\$85

Intro to Level 1

Activity #	Date	Day	Time
182110-3A	2/4-4/1	Sa	1:40- 2:20P
182110-4A	4/22-6/17	Sa	1:40- 2:20P

Level 1

182111-3A	2/4-4/1	Sa	11:15-11:55A
182111-3B	2/4-4/1	Sa	12-12:40P
182111-3C	2/5-3/26	Su	9:05- 9:45A
182111-3D	2/5-3/26	Su	9:50-10:30A
182111-3E	2/5-3/26	Su	11:10-11:50A
182111-4A	4/22-6/17	Sa	11:15-11:55A
182111-4B	4/22-6/17	Sa	12-12:40P
182111-4C	4/23-6/18	Su	9:05- 9:45A
182111-4D	4/23-6/18	Su	9:50-10:30A
182111-4E	4/23-6/18	Su	11:10-11:50A

Level 2

182210-3A	2/4-4/1	Sa	11:15-11:55A
182210-3B	2/4-4/1	Sa	12-12:40P
182210-3C	2/5-3/26	Su	9:05- 9:45A
182210-3D	2/5-3/26	Su	9:50-10:30A
182210-4A	4/22-6/17	Sa	11:15-11:55A
182210-4B	4/22-6/17	Sa	12-12:40P
182210-4C	4/23-6/18	Su	9:05- 9:45A
182210-4D	4/23-6/18	Su	9:50-10:30A

Level 3

182220-3A	2/4-4/1	Sa	11:15-11:55A
182220-3B	2/4-4/1	Sa	12-12:40P
182220-3C	2/5-3/26	Su	9:05- 9:45A
182220-3D	2/5-3/26	Su	9:50-10:30A
182220-4A	4/22-6/17	Sa	11:15-11:55A
182220-4B	4/22-6/17	Sa	12-12:40P
182220-4C	4/23-6/18	Su	9:05- 9:45A
182220-4D	4/23-6/18	Su	9:50-10:30A

Level 4

182221-3A	2/4-4/1	Sa	11:15-11:55A
182221-3B	2/4-4/1	Sa	12-12:40P
182221-3C	2/5-3/26	Su	9:05- 9:45A
182221-4A	4/22-6/17	Sa	11:15-11:55A
182221-4B	4/22-6/17	Sa	12-12:40P
182221-4C	4/23-6/18	Su	9:05- 9:45A

Level 5

182230-3A	2/4-4/1	Sa	12:45- 1:35P
182230-3B	2/5-3/26	Su	9:50-10:30A
182230-4A	4/22-6/17	Sa	12:45- 1:35P
182230-4B	4/23-6/18	Su	9:50-10:30A

Swimming Lessons Quiz

Baby & Me: Can your child maintain an upright position in the water with minimal effort?

Yes (continue) No - Stay in Baby & Me

Intro. to Level 1: Is your child comfortable swimming in the water with a bubble on and can swim without breathing in water?

Yes (continue) No - Stay in Intro. to Level 1

Level 1: Can your child swim at least ten feet in the water without any assistance?

Yes (continue) No - Stay in Level 1

Level 2: Can your child swim 15 feet in the water, perform a front or back float for at least 15 seconds and swim basic freestyle with a flutter kick?

Yes (continue) No - Stay in Level 2

Level 3: Can your child perform a kneeling dive, swim a proficient freestyle stroke as well as swim both elementary and regular backstroke?

Yes (continue) No - Stay in Level 3

Level 4: Has your child mastered freestyle and backstroke as well as being able to perform basic breaststroke and dolphin kick? Can they tread water for at least 1 minute?

Yes (continue) No - Stay in Level 4

Level 5: Has your child mastered freestyle, backstroke and breaststroke and is able to perform them for more than 25 feet? Can they tread water for three minutes and perform a standing dive?

Yes (continue) No - Stay in Level 5

Pre-Comp: Has your child mastered freestyle, backstroke, breaststroke and butterfly and are they able to perform them more than 25 feet? Can they tread water for four minutes; perform a standing dive, open turn, flip turn and dive down to a depth of ten feet?

No - Stay In Pre-Comp

If you are still unsure which level is right for your child, register him or her for the level you think is best and our instructors will evaluate your child's skills for proper placement.



RUNNING

Mystic Irish 5K

Location: Downtown Mystic

Date: Saturday, March 18 - 10:00 a.m.

Wear your best green gear and join us for the 3rd annual Mystic Irish 5K **certified** race to celebrate St. Patrick's Day weekend in Mystic. Make it a weekend by running the race on Saturday and viewing the Mystic Irish Parade on Sunday. The course starts and ends in downtown Mystic and travels along scenic River Road on the banks of the Mystic River. For race route map, go to GrotonRec.com.

EARLY BIRD DISCOUNT! Sign up by Saturday, February 18 and pay only \$20, or \$25 until Wednesday, March 15, 2017. Race day registration is \$30. To guarantee yourself a race t-shirt, sign up by March 5. Please indicate Adult unisex t-shirt size in comment section of the registration form. Race Day registration on Pearl Street opens at 8:30 a.m. and closes 15 minutes prior to start of race.

Race with Laces! Donate an extra \$5 to our scholarship fund and receive a pair of green speed laces. Those who run the race with the green laces are eligible for additional prizes!

Recommended parking at the Mystic Museum of Art lot at 9 Water Street in Mystic. Regular rates apply, but are very reasonable.

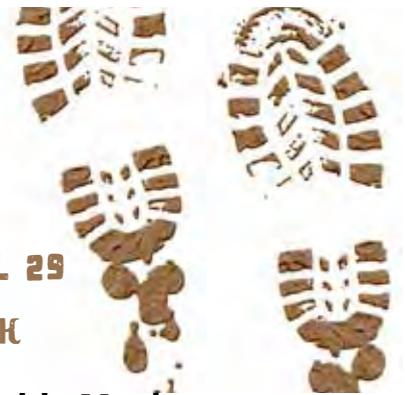
Activity #110881-3A - 5K

Activity #110881-3B - Race with Laces



MYSTIC MUDDY MAYHEM 5K

SATURDAY, APRIL 29
FIELDS OF FIRE
ADVENTURE PARK
9 A.M. - 4 P.M.



NEW! Mystic Muddy Mayhem 5K Trail Run

Join the fun at the ALL NEW Mystic Muddy Mayhem 5K Mud Run! Form a team (4 people per team) or run as an individual and conquer the muddy obstacles along the course at Fields of Fire Adventure Park in Mystic.

Choose from 2 courses - beginner and advanced - with fun and muddy challenges for everyone ages 10 and up. Join your friends, family, co-workers - everyone will have a muddy good time!

Heats start every 20 minutes between 9 a.m. and 4 p.m. Sign up quickly - heats are expected to fill up! Register early to save! Registration Fee - \$100 per team. \$35 per individual through March 29, 2017; \$140 per team, \$45 per individual from March 30 to April 26; \$160 per team and \$50 per individual on race day. On-line registration closes at midnight on April 26. Visit **GrotonRec.com** to register.

Activity #110883 - Team

Activity #110884 - Individual

Tour de Noank 5K & Kids Fun Run

Location: Esker Point Beach

Date: Saturday, June 10 - 10:00 a.m.

Take in the scenic streets of Noank with this **certified** 5K road race. Race begins and ends at Esker Point Beach. For race route map, go to GrotonRec.com. A portion of the proceeds from the race benefits Groton's special needs programming.

EARLY BIRD DISCOUNT! Sign up by Wed., May 10 and pay only \$20, or \$25 prior to Wednesday, June 7, or race day registration is \$30. To guarantee yourself a race shirt, sign up by Sunday, May 28! Please indicate Adult t-shirt size in comment section of the registration form. Race Day registration at Esker Point Beach opens at 8:30 a.m. and closes 15 minutes prior to start of race.

Race with Laces! Donate an additional \$5 to our special needs programs and receive a pair of red Speed Laces as a thank you gift. Those who run the race with these red laces are eligible for additional prizes including live lobsters from Abbott's in Noank!

Activity #110882-4A - 5K

Activity #110882-4B - Race with Laces

Activity #110882-4C - Kids Fun Run



Discover the GROTON SENIOR CENTER

Serving residents & non-residents
AGES 55+

RUNNING, SENIOR CENTER



Learning



Adventure



Friendship



Health

102 Newtown Road, Groton
(860) 441-6785

GrotonRec.com/Seniors

Accredited by 
National Institute of
Senior Centers



Follow us on
Facebook!

SOUPER BOWL SATURDAY



\$10 per person includes:

Hand-painted bowl and the opportunity to sample delicious soups and chili from local restaurants!

PLUS! Try your luck in a chance drawing for exciting sports memorabilia from local and professional teams!

Proceeds benefit the Groton Senior Center's programs and services for local seniors

Saturday, February 4

5:00 p.m.

**Groton Senior Center
102 Newtown Rd., Groton**

A community event!



CONTACT INFORMATION

PARKS AND RECREATION STAFF

Parks and Recreation Admin	860-536-5680
Mark Berry, Director	
Kate Bradley, Marketing/Special Events	860-536-5007
Parks and Forestry	860-446-5950
Recreational Services	860-536-5680
Jerry Lokken, Mgr. of Recreation Services	860-536-5682
Catherine Hoffman, Office Assistant III	860-536-5685
Terri Cedio, Office Assistant II	860-536-5680
Kirsti Zarn, Office Assistant	860-536-5680
Eileen Cicchese, Program Supervisor	860-536-5691
Ben Morse, Program Supervisor	860-536-5687
Senior Services	860-441-6785
Mary Jo Riley, Senior Center Supervisor	860-441-6636
Kathy Williams, Office Assistant II	860-441-6785
Cindy Morrison, Program Supervisor	860-441-6623
Shennecossett Golf Course	860-448-1867
Todd Goodhue, Golf Professional	
Eric Morrison, Golf Course Superintendent	860-445-6912

Email: first initial and last name@groton-ct.gov
example jdoe@groton-ct.gov

PARKS AND RECREATION COMMISSION

The Groton Parks and Recreation Commission serves as a liaison of the residents of the community for guiding the Parks and Recreation Department. The Commission wishes to provide you the opportunity to raise questions, ideas, or comments involving parks and recreation in Groton. Citizens are welcome to attend monthly meetings on the second Wednesday of each month at 7:00 p.m. at Groton Senior Center.

Jim Kamercia, **Chair**
kamercia@comcast.net

June Evered, **Secretary**
juneathome@tvconnect.net

Jeff Zuliani, **Member**
jzuliani@gmail.com

Jon Grossman, **Member**
soxfanjsmg@gmail.com

Vacancy

The Groton Parks and Recreation Commission is currently seeking applications to fill a vacant position. For more information about applying for this volunteer post, please visit www.groton-ct.gov.

TOWN OF GROTON RESOURCES

www.Groton-CT.gov



TOWN OF GROTON PHONE NUMBERS

Assessment	860-441-6660
Building Inspection	860-446-5982
Human Services	860-441-6760
Planning & Community Devel.	860-446-5970
Police (routine)	860-441-6712
Public Library	860-441-6750
Public Works	860-448-4083
Transfer Station	860-536-5698
Tax Collection	860-441-6670
Town Clerk	860-441-6640
Town Manager	860-441-6630
Voter Registration	860-441-6650

FREQUENTLY REQUESTED CONTACTS

Groton City Recreation	860-446-4128
Groton Soccer Club	grotonsoccer@yahoo.com
Groton/Mystic Lacrosse	grotonlax@gmail.com
Groton Mystic Youth Football	GMFVP@yahoo.com
Groton Little League & Softball Little League	Jon Grossman 860-287-1480 Jeff Zuliani 860-941-0789
Mystic Babe Ruth	mystic.baberuthonline.com
Mystic Little League	Jeff Lalima 860-572-7793

IMPORTANT INFORMATION

Residency

A resident (R) is someone whose primary residence is in the Town of Groton. Resident and non-resident (NR) registration forms may be submitted at any time.

Registration Options

- U.S. Mail
- Walk-in at Spicer House
- Drop-off box at Spicer House, William Seely, Fitch Middle, or the Groton Senior Center
- Online at GrotonRec.com/Discover

Scholarships

We are committed to providing opportunities for all residents of Groton regardless of ability to pay. See page 30 for scholarship application.

Program Grants

In addition to scholarships, one-time grants are given to qualifying people to enable them to participate in recreational programs. Please contact the office for an application and more information.

Refunds for Recreation Division Programs

- No refunds after the 2nd meeting of a program
- A \$15 administrative fee is charged for any money returned
- Administrative fees are waived if a class is canceled or when a refund is placed on account

People with Disabilities

All programs and activities are available to Groton residents with disabilities. **UPON REQUEST**, we provide reasonable modifications, including extra staff support when necessary, to allow your participation. Please use the comment section on the registration form or attach a separate sheet to the registration form detailing your circumstances and any assistance requested. It is also required that you complete the Inclusive Recreation Assessment, available at GrotonRec.com or from our office with your registration. This form helps us determine any necessary modifications to enable participation. Contact Eileen at ecicchese@groton-ct.gov or call (860) 536-5691 with questions.

Age of Participants

Unless otherwise noted, age refers to participant's age on the *last* day of class.

DIRECTIONS

Spicer House - 29 Spicer Avenue, Noank, CT 06340

The Parks and Recreation office is located in Noank on Spicer Avenue. For online or GPS directions, use 1 Wilbur Court, Noank.

From I-95: Take exit 88 and go south on Route 117. Turn left on US Route 1. Bear right at top of hill onto Route 215. Go past Fitch High School and turn left on Brook Street (third left). Turn right on Elm Street. Take first left onto Spicer Avenue. We are the second house on the left on Spicer Ave.

From Mystic: Take Water Street towards Noank, past Beebe Cove. Spicer Avenue is on the left. We are the second house on the left.

William Seely School - 55 Seely School Road, Groton, CT 06340

- I-95 North to Exit 86: (left exit) First right onto Route 12. Second traffic light left onto Walker Hill Rd. At top of hill, William Seely is on the left.
- I-95 South to Exit 86: At end of the off ramp bear right onto Route 12. Fourth traffic light left onto Walker Hill Rd. At top of hill, William Seely is on the left.
- Route 1 (turns into Route 12) towards Subase: At traffic light after Groton Square (Super Stop & Shop) make a left onto Walker Hill Rd. At top of hill, William Seely is on the left.

For directions to all other locations please visit GrotonRec.com

Recreation Division Cancellation Procedure

If schools are closed, all classes scheduled to begin prior to 3:00 p.m. are canceled. A decision to cancel afternoon and evening classes is made by 1:00 p.m. ● If schools are dismissed early due to weather conditions, classes scheduled after 3:00 p.m. are canceled. ● If schools have a delayed opening due to weather conditions, programs scheduled to begin prior to 3:00 p.m. are canceled. ● Decisions for weekend programs are made by 7:00 a.m. for morning classes and 11 a.m. for afternoon and evening classes. For cancellation information, please visit our Facebook page at [Facebook.com/GrotonParksandRec](https://www.facebook.com/GrotonParksandRec) or call our info line at (860) 441-6791. **Call before you go!**

Medical Conditions

If you have a medical condition that you would like us to be aware of during your participation in our programs, please note this on your registration form.

Participant Behavior

Participants are expected to exhibit appropriate behavior at all times. Participants shall behave in a safe and responsible manner, show courtesy and respect to other participants, volunteers and staff, and treat equipment and facilities with care. We use a positive approach to behavior management. However, we reserve the right to take appropriate action based on an evaluation of each situation on its own merits.

Spicer House - Parks and Recreation Office

Telephone: 860-536-5680 Fax: 860-536-5690

E-mail: parksrec@groton-ct.gov

Website: GrotonRec.com

Facebook: [Facebook.com/GrotonParksandRec](https://www.facebook.com/GrotonParksandRec)

Mailing Address:

Groton Parks and Recreation

29 Spicer Avenue, Noank, CT 06340-5659

Hours: 8:30 am - 4:30 pm

OOPS!

Despite our best efforts, sometimes errors sneak into print. We apologize for any problems these errors may cause.

Satisfaction Guarantee

Groton Parks and Recreation is committed to providing the highest quality service to our customers. If you are not fully satisfied with any of our services or classes, we want to hear from you. Please give us the opportunity to resolve your issue.

Discount/Scholarship Application

Please follow these steps to apply.

GROTON RESIDENTS ONLY

Applicant must appear in person (mail-in information is not accepted)

Must bring completed scholarship and registration forms between 8:30 AM - 3:45 PM to:

Groton Parks and Recreation Office (860-536-5680) at 29 Spicer Ave, Noank (using GPS: enter 1 Wilbur Ct, Noank for accurate directions)

Documents to bring for ALL HOUSEHOLD members:

- Proof of Wages/Earnings for the past four (4) weeks/month for all working Household members
- Alimony
- Social Security Income/Disability
- Child Support
- Other Income

Proof of Supplemental Income from State to include:

- Rent Assistance (Rental Agreement)
- Food Subsidies (SNAP)
- Unemployment
- Cash Assistance from State of Connecticut

COMPLETE

Address, Town, Zip

Primary Phone

E-Mail

HOUSEHOLD MEMBERS (Names of **ALL** people **residing** at this address.)

Name	Relationship	Date of Birth
<input style="width: 470px; height: 25px;" type="text"/>	SELF	<input style="width: 190px; height: 25px;" type="text"/>
<input style="width: 470px; height: 25px;" type="text"/>	<input style="width: 215px; height: 25px;" type="text"/>	<input style="width: 190px; height: 25px;" type="text"/>
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<input style="width: 470px; height: 25px;" type="text"/>	<input style="width: 215px; height: 25px;" type="text"/>	<input style="width: 190px; height: 25px;" type="text"/>

I acknowledge that the information supplied by me to be true to the best of my knowledge.

Applicant's Signature

Date

HOUSEHOLD INCOME		FOR OFFICE USE ONLY	
Source	Wages / Income	Source	Wages / Income
<input style="width: 240px; height: 25px;" type="text"/>	<input style="width: 160px; height: 25px;" type="text"/>	<input style="width: 240px; height: 25px;" type="text"/>	<input style="width: 160px; height: 25px;" type="text"/>
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<input style="width: 240px; height: 25px;" type="text"/>	<input style="width: 160px; height: 25px;" type="text"/>	<input style="width: 240px; height: 25px;" type="text"/>	<input style="width: 160px; height: 25px;" type="text"/>
Total Monthly Income (All Sources) <input style="width: 175px; height: 25px;" type="text"/>		Scholarship Percentage Awarded <input style="width: 90px; height: 25px;" type="text"/>	
Processed by: <input style="width: 135px; height: 25px;" type="text"/>	Date: <input style="width: 185px; height: 25px;" type="text"/>	(fees reduced by this amount)	

GROTON PARKS & RECREATION DEPT.

27 SPICER AVENUE

NOANK, CT 06340-5659

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“The STIHL brand reflects a culture that transcends generations. People who use STIHL share our company’s beliefs – a belief in unwavering quality, a belief in the value of technical service, and a belief that the equipment should be as dependable as the people who use it. STIHL Strong is more than a motto; it’s a way of life. After all, staying strong by setting ourselves apart and refusing to compromise has always been the STIHL way.”

Thank you America for making STIHL Strong!

*A majority of STIHL powerheads are built in the United States from domestic and foreign parts and components.

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“STIHL Strong” story at:

#RealSTIHL

Download the
“STIHL Strong” song at:

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